



# THE SPECTRUM

WEDNESDAY, NOVEMBER 19, 2014

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

VOLUME 33, ISSUE 9

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PIONEERS CELEBRATING WINNING THEIR SECOND NEC CHAMPIONSHIP

THE SPECTRUM/FILIP LOBATO

## Pioneers Back-to-Back Champions

*Sacred Heart football defeats Bryant taking home the NEC trophy*

BY SHAWN SAILER  
Staff Reporter

For the second consecutive year, the Sacred Heart Pioneer football team hoisted the NEC Championship trophy, defeating Bryant by a score of 14-7 on Senior Day at Campus Field this past Saturday, Nov. 15.

The win clinched a share of the Northeast Conference (NEC) title for the Pioneers. By winning the conference they advance to the Football Champion Subdivision (FCS) playoffs for the second year in a row.

"We answered the bell when it counted. They are a bunch of grinders," said Mark Nofri, Sacred Heart football's head coach.

Despite both teams moving the ball well, neither team could get on the scoreboard in the early going.

Bryant had a chance to take the lead on the opening drive of the game, but sophomore James Rentz blocked the attempt, and senior safety Dennis Regan returned the ball to the Bryant 35-yard line.

Sacred Heart got on the board first with 13:55 left in the second quarter. Junior quarterback RJ Noel found senior fullback Pat Casey for the 14-yard score to take a 7-0 lead.

Bryant answered back two drives later when Ricardo McCray ran in from five yards out to tie the game at 7.

Bryant had a chance to take the lead on a field goal attempt as time expired in the first half, but Rentz blocked the attempt, his second field goal block of the game.

The game remained tied for much of the second half. Both teams had opportunities to score but turnovers and penalties negated those opportunities.

With 2:30 to play in the game, senior wide receiver Tyler Dube caught a 23-yard touchdown pass from Noel to give the Pioneers the lead with 2:30 to go.

Noel knew how crucial that drive was for Sacred Heart.

"(Offensive coordinator Kevin Bolis) called a great drive," said Noel. "We made some key completions and some good runs, and then Dube just caught the touchdown."

"Now we can celebrate," said Noel.

The touchdown reception for Dube gives him 14 on the season, which is a Pioneer single-season record. He passed DeVeren Johnson,

who had 13 in 2001. Dube had a team-leading seven receptions for 109 yards.

"We knew we had to score one way or the other," said Dube. "The offensive line did a great job and RJ put the ball in the right spots and the receivers did a good job catching the ball and getting up field."

Bryant would have one last shot after taking the ensuing kickoff back to midfield.

After a Pioneer three-and-out, Bryant would get the ball back with just eleven seconds left. Easton completed a pass a McCray but McCray was tackled by a group of Pioneers and Sacred Heart was able to come away victorious.

Noel finished the game 16-30 passing with the two touchdown passes and one interception. He also ran for 48 yards on 12 carries.

Noel and Dube had great chemistry today as they have all year for the Pioneers.

"Once again they (Nofri and Dube) stepped up and answered the bell and that is what great players are made of," said Nofri. "I have great players in those kids."

Senior running back Sean Bell ran for a game high 71 yards. Bell got the bulk of the work on the ground for the Pioneers, carrying the ball 16 times, compared to eight carries from Keshaudas Spence. According to Nofri, Spence was "banged up," which was the reason he was limited.

"He picked up some big first downs," said Nofri of Bell. "It's a great 1-2 punch to have those two guys back there."

Defensively for the Pioneers, senior safety Gordon Hill had a team high 13 tackles. Senior cornerback Preston Sanford and Regan each had an interception.

"We all say we want to make the play and help the offense out," said Regan. "We embrace the challenge. Football is fun for us."

Sacred Heart will find out their first FCS playoff opponent on Sunday, Nov. 23 at 11 a.m. during the FCS Selection show which will air on ESPNU. The Pioneers first FCS playoff game will take place on Nov. 29.

"We found a way to win and that is all that matters. It's a tribute to the twenty-six seniors I have and the leadership they have," said Nofri.

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ALWAYS HAVE A SAFETY KIT PREPARED IN CASE OF A STORM, NATURAL DISASTER, OR OTHER EMERGENCY. HAVE A BAG MADE WITH A BLANKET, FLASHLIGHT, WATER BOTTLE ETC. READY TO GO.

#### OFF CAMPUS SAFETY

LET SOMEONE KNOW WHERE YOU ARE GOING AND MAKE SURE YOUR CELL PHONE IS CHARGED.

KEEP AN EYE OUT FOR MORE SAFETY TIPS  
IN FUTURE ISSUES OF SPECTRUM



# News

"I would say the Fed Challenge was an excellent opportunity to apply the knowledge learned in the classroom to real world solutions"

-Junior Ken Arnold, team leader of the SHU Fed Challenge team

## Students Compete in New York College Fed Challenge

BY FRANK McCONNELL  
Staff Reporter

Wearing suits rather than costumes, five Sacred Heart University students spent Oct. 31 at the New York College Fed Challenge.

The students, seniors Kyle Czarnecki, Scott Gaffney, Elias Gharios, junior Ken Arnold, and freshman George Ferris, represented the John F. Welch College of Business Department of Economics and Finance in the challenge.

The Fed Challenge is a competition between universities across the country about economic forecasting.

Each team, from their respective university, is tasked with creating a 15 minute presentation that features current economic and financial conditions, recommending a monetary policy response, and identifying issues that might present positive or negative risks to the economy.

Led by faculty advisor Gerald McCloghry, an economics professor in the Department of Business, the team had a distinct set of goals entering the challenge.

"The goal for this year was to gain a higher score than last year," said McCloghry. "To have the team work together in answering questions, and adding value to an answer without dancing around any of the questions."

For the team, training for the challenge began well before the competition date.

"Preparation began in the summer when Professor McCloghry assigned us specific vectors to analyze. Mine was the consumer sector where I had to learn about the consumer's sector impact on the current economy," said

Gharios. "During the year we met weekly, discussing the state of the economy and fed policy to then develop a script and presentation to members of the fed, and for our judges."

Over the summer, McCloghry would send the

practices.

After scoring a 15 out of 20 in the previous year's challenge, the team made an improvement, scoring 16 out of 20 in this year's competition.

"I am happy with the improvement," said McCloghry.

"This is a young program, only five years old, it is still developing and we were happy to continue its progress," said Gharios.

The team members saw the Fed Challenge as an opportunity to positively represent Sacred Heart.

"One of our goals was to represent the school, Professor McCloghry, and ourselves and in a professional manner," said Gharios.

The challenge allowed the students to reflect on what they've learned in the classroom.

"I would say the Fed Challenge was an excellent opportunity to apply the knowledge learned in the classroom to real world solutions," said Arnold, the team leader. "It was also an incredible time working as a team to represent the John F. Welch business school and showing how we can compete with a lot of the top schools."

Gharios believes the challenge made an impact on him as a student.

"It was very eye opening," said Gharios. "We had the opportunity to speak with employees of the Fed and received constructive feedback to help us better understand our material as well as learn about a board room presentation setting, something that I have never experienced before."



PHOTO COURTESY OF SCOTT GAFFNEY

students questions and articles, and they would respond with their answers.

"Once the school year started, we met face to face once a week, which eventually turned to three times a week in the weeks leading up to the competition. The final week of preparation, we met every day."

Professor Bridget Lyons, from the Department of Finance, and Professor Khawaja Mamun, the Chair of the Finance Department served as mock judges during



## USE YOUR WINTER WISELY

2014-2015

### Session A: Dec. 15 - Dec. 26

#### Fairfield

CM-102-LEC INTRO TO MEDIA PRODUCTIONS

#### Online

CH-030-AO CHEMISTRY OF NUTRITION  
CJ-232-AO POLICE COMMUNITY RELATIONS  
CM-101-AO INTRO TO MEDIA CULTURE  
CM-257-AO WOMEN & ADVERTISING  
MK-201-AO PRINCIPLES OF MARKETING  
PH-101-AO INTRODUCTION TO PHILOSOPHY  
PS-110-AO INTRODUCTION TO PSYCHOLOGY  
PS-201-AO RESEARCH DESIGN & ANALYSIS I  
PS-241-AO PERSONALITY PSYCHOLOGY  
PS-295-AO HEALTH PSYCHOLOGY  
PS-252-AO CHILD DEVELOPMENT  
PS-351-AO BRAIN AND BEHAVIOR  
PS-335-AO HUMAN & ANIMAL LEARNING  
SM-265-AO SPORT MARKETING  
TRS-101-AO INTRO TO THE STUDY OF RELIGION

### Session B: Dec. 15 - Jan. 9

#### Fairfield

MU-102-A HISTORY OF JAZZ

#### Online

AN-110-AO CULTURAL ANTHROPOLOGY  
CH-040-AO CHEMISTRY, SOCIETY AND THE ENVIRONMENT  
CJ-246-AO ORGANIZED CRIME  
EC-202-AO PRINCIPLES OF MICROECONOMICS  
EX-100-AO EXERCISE SCIENCE  
HI-223-AO US HISTORY SINCE 1865  
IS-272-AO DYNAMICS OF INFO TECHNOLOGY  
MGT-257-AO BUSINESS ETHICS  
MGT-202-AO ORGANIZATIONAL BEHAVIOR  
MK-299-AO SOCIAL MEDIA MARKETING  
PO-121-AO INTRO TO AMERICAN GOVERNMENT  
PS-299-AO PSYCHOLOGY OF POSITIVITY  
TRS-201-AO INTRO TO THE OLD TESTAMENT

### Session C: Dec. 29 - Jan. 9

#### Fairfield

BI-026-A CONNECTICUT WINTER WILDLIFE

#### Online

CH-020-AO DRUGS & THEIR IMPLICATIONS  
CJ-242-AO WHITE COLLAR CRIME  
CM-101-AO INTRO TO MEDIA CULTURE  
CS-100-AO INTRO TO INFO TECHNOLOGY  
DA-100-AO INTRO TO DANCE HISTORY  
MGT-299-AO JOB HUNTING  
MK-205-AO ADVERTISING  
MK-299-AO CONSUMER BUYING & BEHAVIOR  
PS-212-AO ABNORMAL PSYCHOLOGY  
SO-110-AO SOCIOLOGICAL IMAGINATION  
TRS-299-BO AUGUSTINE'S CONFESSIONS  
TRS-320-AO CHRISTOLOGY

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# Perspectives

## Fifty Shades of Gravy

BY ALLY D'AMICO  
Staff Reporter

Next week, students of Sacred Heart University will be leaving campus to start their Thanksgiving weekend. Of all the different traditions that come with the holiday, the one thing that never seems to stray from this holiday is the love of food.

"My Thanksgiving is spent at my aunt's house. Everyone brings food for dinner, including my mom's pumpkin pie, which is my favorite," said senior Nick Gaulin. "My brother and I watch football all day until we eat. I'm really excited to be with my family and watch football with my brother. Thanksgiving is definitely one of my favorite holidays because of the family aspect."

Senior Andrew Holmes also looks forward to the food.

*"I'm looking forward to spending a lot of time with all my family and making an apple pie with my mom."*

"I love my turkey and mashed potatoes, it's the perfect combination," said Holmes.

Junior Joe Faicco agrees with Holmes, "The turkey is second best to the company of my family."

But for vegetarians, it seems it's harder to enjoy the meaty feast.

"Every year, I help prepare the food and cook my own tofurkey since I'm a vegetarian," said freshman Bailey Partridge. "It makes me feel closer with my family. We even save the extra tofurkey and have lunch together as a family, eating it."

When it comes to Thanksgiving, food continues to be involved with those special family memories.

Most enjoy baking with parents.

"I'm looking forward to spending a lot of time with all my family and making an apple pie with my mom," said sophomore Alyssa Ingmanson. "I'm also very excited about the mashed potatoes that my aunt makes, they are the best."

"My favorite part of Thanksgiving is sitting around the table with my family, talking and eating," said freshman Caitlin Stanton. "Every year my Dad brings out a letter my brother wrote when he was five to Tom the Turkey apologizing for eating him. It's how we start every Thanksgiving and it just puts us all in a happy festive mood."

To help bring these types of memories to families in need, the campus wide Turkey Drive has donated over 3,000 turkeys to families in the Bridgeport community.

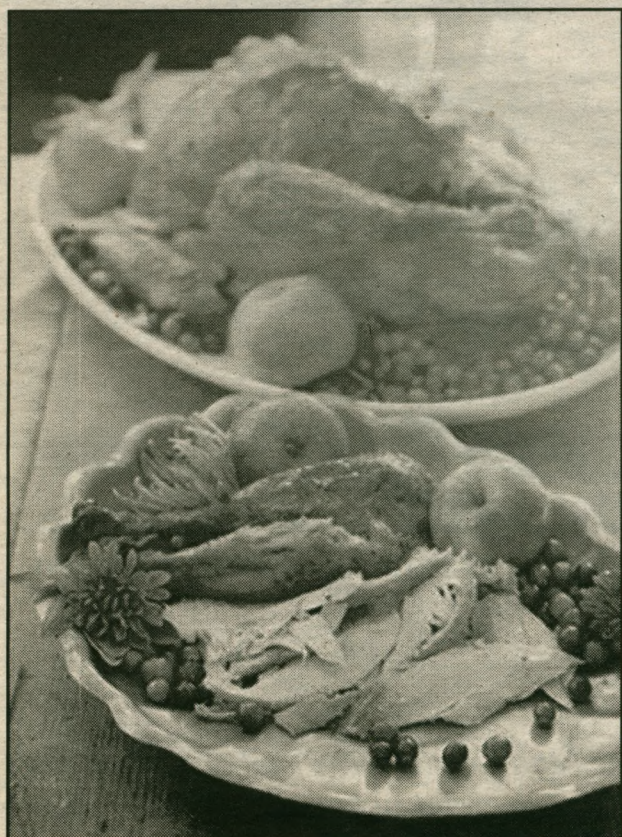


PHOTO COURTESY OF AP

TURKEY BEING SERVED AT A THANKSGIVING DINNER

## Happily ever after?

SAM says...



What is love...? Baby don't hurt me... but for real: What is love? Did we find the right person? Will they hurt us? There are so many questions, and yet we never seem to find the answers to any of them, especially when we are crying into the Cheez-it box.

I've had relationships in the past. I've even had that stereotypical first "love" where we would say, "I love you" back and forth, and "I love you sooooo much," like it was a contest of who could love more. Now that I'm older, I look back on how ridiculous that all sounded.

Do we actually mean it when we say I love you? Ever since that high school relationship, (that lasted a whopping five months), I have never said the "L" word to anyone—other than family and friends. Personally, I haven't found someone that I can truly say it to yet.

Finding that perfect person is difficult for me because of my independent mind set. (If you ask anyone else on Spectrum staff, they'll say it's my intimacy issues). Frankly, I just love to do things by myself: be it playing music, accomplishing tasks, video games, etc. At this point in my life, I'd find it hard to focus all of my attention on one subject or person for an elongated period of time.

I feel that I am at a point in my life where I should be exploring and discovering what I really want to accomplish in my blurry future. I love French culture. Perhaps, I should spend some time in Paris after I graduate, exploring the music, food and other things the country has to offer. I would love the chance to head out west, to San Francisco, to uncover that scene out there.

Here comes the bride all dressed in blah blah... Nowadays everyone seems to be rushing into marriage and my Facebook feed is cluttered with the babies of the people I went to high school with.

Now I'm not saying that I don't ever want to get married and have a child, but I think that people need to actually realize when the appropriate time is. Growing up in our "cookie cutter" society, I've noticed that we are supposed to grow up, get a good job, find that special someone, get married and have kids. That really angers me. A person should have the opportunity to live their life without having the stress and responsibility of a family until they are ready. We have all seen those couples that have children and have thought to ourselves, "wow they are too young."

We see this every day, be it in person or on television. We can't be naive about this topic—there are "adults" out there that are not responsible enough to wed and have children. Are people getting married just to get married?

Can I see myself getting married eventually? Yes. Can I see myself having a child or children? Yes. Do I see myself falling in love at some point? That is left for fate to decide, but I don't see it happening anytime soon.

If any of you avid readers of Spectrum like cats, flannels, cuddling on long winter nights and eating Chipotle while listening to the romantic Skrillex, my Instagram name is Bam\_Sutler.

NICOLE says...



Is happily ever after possible? My opinion might not be too popular amongst the college culture of our day and age, but I believe that yes, it is possible. Although that happily ever after doesn't have to involve marriage and a family, I'm definitely a hopeless romantic and you can blame my grandparents for that.

I grew up on a day-to-day basis, walking in their front door to see new roses on the kitchen counter every week and often an impromptu dance party to Sinatra going on in the living room. My Nanny and Poppy cherished each other for over 50 years now, and although my Nanny has passed away, my Poppy's devotion hasn't strayed.

Obviously they met in a different time, everything in the world has pretty much changed since then, but I don't think that love has. There are many different aspects of relationships that you have to take into account now, which you didn't have to then; they didn't text all day, they didn't have the internet or social networks with constant competition at their fingertips, they got married earlier, they had different values and priorities, etc. With all that being said, people are still people. I think that if you want a love like the movies, the way that I believe my grandparents had, then you're the only one stopping yourself from getting it.

So many people make fun of guys for wanting to settle down or claiming that they're whipped if they respect and appreciate their girlfriends. And girls aren't innocent either, why would a guy appreciate you or respect you if you're putting provocative pictures on Instagram every week to boost your ego? Our generation has diminished respect for relationships and love in my opinion.

So, don't settle. I think the worst thing that people do is settle, whether it's because a lack of time or confidence, everyone deserves the love that they want. I think that there is obviously a shortage of men and women who have the same values, morals, maturity and outlook in general that people did back in my grandparents' time, but I don't think that they're non-existent.

I believe that there is a right person out there for everyone. The ones that don't end up being the one are an experience for the rest of our lives, we learn from every relationship gained and lost romantic or not. I'm sure you've learned your lesson for staying with that crazy ex, or learned to take chances after never making the move on that one that you've always thought "what if" about.

Happily ever after is cliché, make fun of me all you want, but I think that everyone has the power to make his or her own.



# Perspectives

## Drugs, Sexting, and Partying, Oh My

BY ALLY D'AMICO  
Staff Reporter

Drinking, sex, drugs, and partying are now happening at a younger and younger age. The pressure put on teens to experiment with these things is getting greater as well.

"I have a younger brother and everything is completely different than when I was his age," said junior Stephanie Puleo. "When I was growing up partying was always seen as a college thing to do. Now more often than not, high school students are partying and drinking just as much."

According to the Monitoring the Future Survey, 33% of eighth graders and 70% of twelfth graders had tried alcohol, and 13% of eighth graders and 40% of twelfth graders drank during the past month.

"I feel that every year kids are getting worse and worse when it comes to drinking and partying because gaining information of those topics is becoming a lot easier for them," said junior Kara Levine.

The increase of drinking and drugs at a younger age could be worsened because they are also given technology sooner.

"My brother was given a phone before me, a TV in his room, and a laptop," said Puleo. "It has become more acceptable for younger children to be given things that weren't acceptable to do ten years ago."

"I definitely think that plays a roll in why things are happening so much younger. They have so many more resources and information when given phones and computers," said Puleo.

Others think that having access to these things at a young age is beneficial.

"I think giving phones and iPads at a younger age is making kids grow up to be more technologically advanced, which I think is good," said junior Steven Masetti.

Technological advances aren't the only thing speeding up, the age kids are starting to have sex is also getting younger.

"I hear of teens having sex at 14 years old and just think its crazy," said junior Lindsey Balukonis. "So many other problems are going to come from that because they really aren't old enough to even realize what they are doing."

Over recent years sexting, or sending sexually explicit messages online or on the phone, has become a problem as well.

A poll conducted by The National Campaign to Prevent Teen and Unplanned Pregnancy found that back in 2008, 21% of teen girls and 18% of teen boys have sent or posted nude or semi-nude images of themselves.

In 2014, a Drexel University study found that 54% of respondents reported to having sexted as minors.

"One thing I definitely notice that has changed is that girls don't respect themselves like women used to," said Masetti.

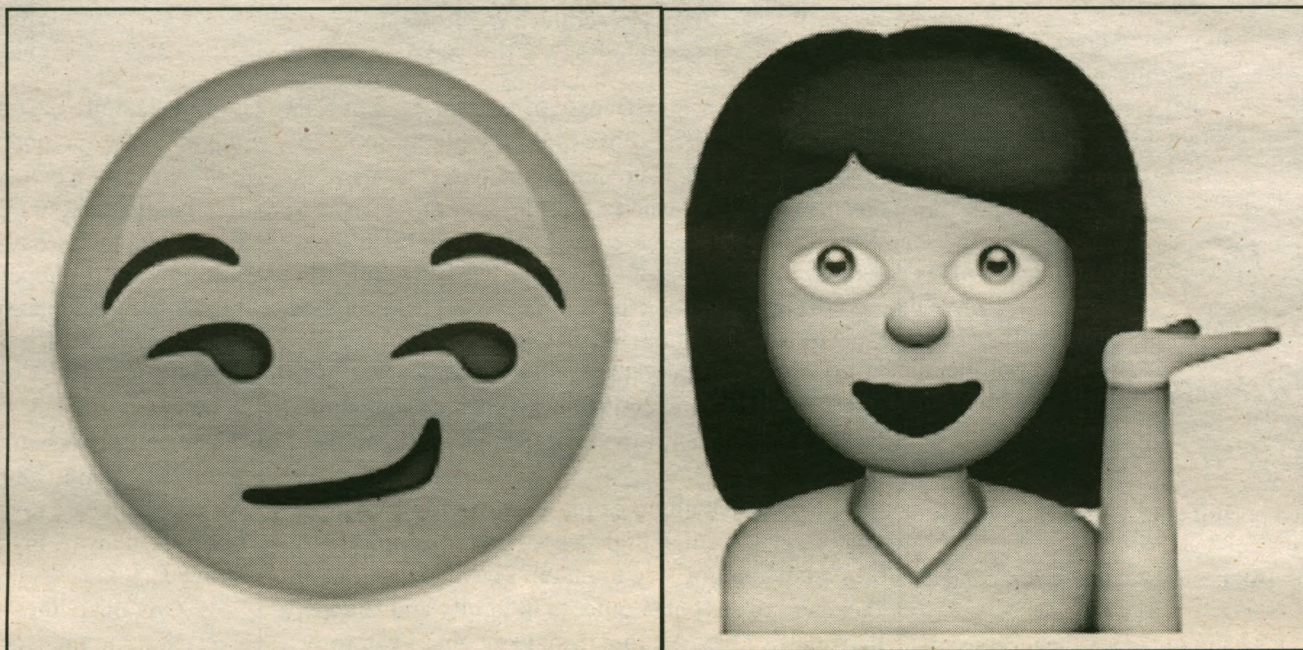
Some of this can be contributed to things teens see in the media and on TV.

"Big television shows that teens watch like Jersey Shore and The Real World, give an inaccurate portrayal of what is actually acceptable," said Puleo. "They see this and then want to act like the people in the show."

No matter the influence it's hard to deny that everything

is happening at a younger age.

"With all the new technology, social media and pressure put on teens I only think it's going to get worse and worse," said Balukonis.



According to the Centers of Disease Control and Prevention, the average age Americans lose their virginities is 17 for both men and women, which is the lowest average for a country in the world.

## Men of Spectrum take on "NO SHAVE NOVEMBER"

### WEEK THREE



PERSPECTIVES EDITOR SAM BUTLER THIRD WEEK OF NO SHAVE NOVEMBER



SPORTS EDITOR NICK MCANENEY THIRD WEEK OF NO SHAVE NOVEMBER

**According to [www.noshavenovember.org](http://www.noshavenovember.org):** "No-Shave November is a unique way to raise cancer awareness. The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Donate the money you usually spend on shaving and grooming for a month to educate about cancer prevention, save lives, and aid those fighting the battle."



# Editorials

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WOWSLA

**SAM BUTLER**  
PERSPECTIVES EDITOR



On August 11 2011, Skrillex announced the creation of his own personal record label titled, "Owsla." The word Owsla comes from the book "Water ship Down" written by Richard Adams (Skrillex's favorite book) and stands for an "elite rabbit army." Skrillex has explained in past interviews that his crew relates to this pack of rabbits in several ways. For the first release, Porter Robinsons first EP release "Spitfire" reached the number one spot on the iTunes Dance chart. After such a profound reaction of listens and views, Owsla exploded. Skrillex began to sign artists such as Zedd, Kill the Noise, Dillon Francis and even Skrillex himself. Having such popular and influential artists on the label only made the upcoming artists look and sound even better. Skrillex is not looking for the same sound in his artists. Creativity and dedication to music is the exact motive that Skrillex is looking for.

During the fall of my sophomore year, Skrillex created his fan website titled, "The Nest." The website is based on a monthly subscription basis of 12 dollars. During the month,

the record label releases between 4-6 either EP's or full length albums. Also, Owsla creates special posts on the site that allow for a meet and greet during a live show. Since I have been a subscriber since December of 2012, I have been able to meet Owsla artists such as Skrillex, Valentino Khan and Milo and Otis.

This year, Owsla turned 3 years old after a huge growth of music and artists. Unfortunately, most of the artists on Owsla have moved on to larger record labels such as Columbia Records and Atlantic Records. Luckily for us, we can only wait for more treats from newer, upcoming artists such as Valentino Khan, Yogi, Rell the Soundbender and Alex Metric. I can't wait to see what Owsla has in store for us during the rest of 2014 and into 2015. We can expect releases from artists such as Jack Ü, Carmada and even my favorite Skrillex. Stay tuned for more WOWSLA.



## Leaping and Looking

**MELANIE HOLEC**  
ASST. FEATURES EDITOR

Transferring schools in many ways is like starting over. There's a lot of stress associated with taking a sharp turn during a period in your life that's already pretty emotionally and logistically complicated.

Being a transfer student brings an extra sense of pressure. In my case, it seemed like I had already made a pretty significant wrong decision in going to a college I didn't love. You can't make a wrong decision about what college to go to a second time. Well, you can, but my parents advised me against it. Strongly.

One of the perks, at least for me, was feeling like I had a blank slate and a new start. When I transferred to Sacred Heart, I came with a sense that I could get my act together and use my college years to start figuring out what I wanted to do with my life.

I began to actually care about my future and think of real adulthood in a less blurry, I'll-make-it-up-when-I-get-there kind of way. The time between right now and when I would graduate somehow seemed ten times shorter.

Under irrational, self-imposed pressure I applied to probably 20 internship positions. And then I was introduced to the joys of the adult job interview.

I could easily go from, "Wow I nailed that interview, they loved me" to, "Well, I guess I have to move because no one in

America will ever hire me, the tale of that horrible interview will be passed from employer to employer until I'm infamous in HR circles."

At an interview with a media company, I told the hiring manager all about how I was a fast learner and picked up new programs easily. Then when I was leaving, I struggled to get the door to the office open. In my defense, the door was fancy and modern. Still, that little episode can't have inspired much confidence in my intelligence. At another interview, when asked what I did for fun, I, without thinking, said that my friends and I liked to go on walks. When the interviewer laughed at my answer, I assured him that they were, "fun walks. You know, not... boring ones." I still don't know what I meant by that, or how it made my answer better in any way.

In an uncharacteristic display of self-preservation, I decided that, like so many people had advised me, I needed to see even the failures as experiences that can help me in the future. I can't dwell on how my interview prep should have included research on the newest innovations in door technology.

I still don't know exactly what I want to do with my life, but no matter what, I'm grateful for the experience of transferring and for everything coming to Sacred Heart has given me. As long as I feel for myself like I'm moving forward, that's all that really matters.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.



# Features

## Siblings at Sacred Heart

BY ALEXANDRIA MARINI  
Staff Reporter



PHOTO COURTESY OF LINDSEY SEPPALA

SENIOR LINDSEY SEPPALA POSES WITH HER FRESHMAN SISTER CHRISTINE

For some Sacred Heart University students, having a sibling around campus is a comforting feeling. It makes it a little easier to be away from home, make decisions, and it improves their relationships with each other.

"I like having a familiar face around and knowing my brother's always there for me," said senior Maggie Borchardt. "It makes my day when I run into him in the hallway and get to catch up with him."

Before Borchardt's younger brother, freshman Ryan Borchardt, attended Sacred Heart, she would get homesick. Now that her brother is around, she feels more comfortable knowing she can go to him whenever she's having a bad day or missing home and Ryan feels the same way.

"With my sister being at Sacred Heart, I feel a lot safer and more comfortable being here because if there is

ever a situation where I'm in trouble and need her, I can call her and she won't hesitate to help me," said Ryan Borchardt.

Having a sibling on campus also comes with benefits. Borchardt takes full advantage of her brother being a freshman on campus.

"Whenever I'm hungry and on campus, I always call him up to buy me food because he's a freshman with a meal plan, and I'm a senior without one," said Maggie Borchardt.

For senior Nicole Capria, having her sister, junior Kelly Capria, around campus makes move-in day much easier on their parents.

"Our parents don't have to choose one over the other for move-in day," said Capria. "We also get to enjoy having family dinners together when our parents come to visit us."

Capria and her sister do several activities together on and off campus, such as going to the gym, eating lunch together, and are also a part of the same sorority. They see each other almost every day between classes, sorority meetings, and events they both attend on campus.

Although having a sibling on campus can be comforting at times, it also comes with responsibilities. As the older sisters, Capria and Borchardt personally feel they need to look after their younger siblings. Capria likes to check in with her sister to make sure she is okay, while Maggie Borchardt takes on a motherly role in her brother's life.

"Because my mom has always taken care of Ryan, I've always been like that too and now that he's here, he kind of takes advantage of it. He will ask me to do his laundry or bring him snacks from my house," said Maggie Borchardt.

Even though having a younger sibling at school comes with responsibility, it also reinforces relationships.

Senior Bethany Barbar attends the university with both of her younger brothers. According to Barbar, she and her brothers will grab lunch on campus together whether it's planned or not.

"Being at the same school as David (senior) and Joe (junior) has really brought us together," said Barbar. "I am friends with their friends, and they are friends with mine. I hang out with my brothers often and now that we are all older, we can go out with each other too."

According to Maggie Borchardt, her relationship with her brother has changed completely since he's been at Sacred Heart. Now that they are in a different environ-

ment from their home, she feels that they both see each other in a new light.

"Ryan never got to see the things that contributed to the person I am today. Now that he's here, he sees how much I've grown since being in college, and now I see him in a new light because I hear from other people all of the things he contributes to around campus," said Maggie Borchardt.

Having a sibling on campus can form stronger family bonds. Even though it might come with a little responsibility, it allows each of them to spend quality time together while also having room to grow as individuals.

"College is a chance for us to develop into the individuals we have longed to be," said Barbar. "Having your siblings alongside you makes the difficult situations a little bit easier to deal with."



PHOTO COURTESY OF SEAN ELLIOTT

SENIOR EDITOR-IN-CHIEF AMANDA SIALIANO WITH HER SOPHOMORE SISTER CHRISTINA

## The Fifth Annual Turkey Drive Sets High Goals

BY MELANIE HOLEC  
Asst. Features Editor

Sacred Heart University's Student Government has been working hard this year to make the 2014 Turkey Drive the most successful one yet.

Student Government has been organizing the Sacred Heart Turkey Drive for five years. The event is held on campus every year to raise money to purchase Thanksgiving turkeys for those in need in the Bridgeport community.

"The turkeys are donated to different nonprofit organizations in the community such as St. Charles, Alpha Community House, Thomas Merton House and Bridgeport Rescue Mission," said Eleanor Danna, Class of 2015 Community Service Chair and Turkey Drive Chair.

Over the last four years, Sacred Heart has donated over 3,050 turkeys to the community.

"It's important to give back to the community in which we live, especially during the holiday season," said Lily

DiPaola, Student Events Team (SET) Vice President. "We are very fortunate to be at Sacred Heart University, so it's only right that we help in any way and try to make a difference for people who aren't as fortunate."

In addition to turkeys, other food items are distributed to those in need because of the drive.

"Student Government also works with the Office of Volunteer Programs and Service Learning to donate canned goods to the community so recipients can enjoy a balanced and hearty holiday meal," said Danna.

This year, the Turkey Drive will take place on Tuesday, Nov. 25. Members of the Student Government will congregate at St. Charles Church and distribute turkeys and canned goods to the community.

Student government has been working to raise awareness for the event and increase donations from students and faculty.

"To promote the event we have a variety of different events and activities happening on and off campus," said Danna. "So far we have teamed up with SET to have a Turkey Drive Bingo. We also collaborate with Moe's Southwest Grill for a fundraiser where 15% of a customer's bill goes directly to the Turkey Drive when our global advertisement is shown."

The group is also asking local businesses from areas surrounding campus to support their fundraising efforts.

The Turkey Drive is a joint effort for many members of the Student Government.

"This year I am the chair of the Turkey Drive. As the chair I am responsible for working directly with our advisor, Amanda Rowe, and managing the Turkey Drive committee," said Danna. "The Turkey Drive committee is comprised of the community service chairs of the Student Government class

boards and one Student Government e-board member."

The Turkey Drive committee is responsible for organizing and planning all fundraising efforts for the events. For the drive to be successful, they need the help of other students as well.

"It's not just our committee doing the work," said Danna. "The success of this event wouldn't be possible without the help of Student Government and SHU students."

This year, the group hopes to raise enough money to be able to donate over 500 turkeys to people in the Bridgeport community.

Students can get involved in the Turkey Drive by talking with Student Government at their table in the hallway by Outtakes, joining the Turkey Drive event on the Student Government Facebook page, and by donating online at [www.SacredHeart.edu/TurkeyDrive](http://www.SacredHeart.edu/TurkeyDrive). The last day to donate is Nov. 21.



# Features

“ The number one drug used at Sacred Heart is alcohol, marijuana use comes in second. ”

-Janice Kessler, SHU alcohol & drug specialist



PHOTO COURTESY OF SACRED HEART UNIVERSITY

## Sacred Heart Welcomes New Birthing Simulator

BY NATASHA KLINOFF  
Features Editor

At the start of the fall semester, Victoria was welcomed to campus by Sacred Heart University’s School of Nursing. Victoria is a birthing simulator that provides a safe and complete delivery experience for students. The manikin was purchased through a collection of simulators called NOELLE.

Lab Director, Beth Boyd, has been working closely with students and faculty to introduce them to the new birthing simulator.

“Victoria has been well received by our student body. Our students embrace the realistic learning opportunities that Victoria can provide,” said Boyd.

The manikin can simulate a pregnant patient and deliver a manikin baby. Victoria can act out several different scenarios.

“Victoria can also have a cesarean section. Once the baby is delivered, the students are also able to provide care to the infant manikin,” said Boyd.

Many of the students are eager to use Victoria because she is a new technology that

will greatly benefit their progress as a nurse. Sophomore nursing student Emily Falvey has not used Victoria, but she looks forward to utilizing the new technology in future courses.

“At this point in my education, I am always looking for new ways to improve. Although I have not used the simulator yet, I cannot wait to see how it works,” said Falvey.

Similar to Falvey, Junior nursing student Casey Stathopoulos has not used the new simulator, but she is eager to use it before she graduates.

“Friends of mine have used simulators like Victoria. They were amazed with what the manikin was capable of. I was overjoyed when I found out that a birthing simulator came to campus,” said Stathopoulos.

Eventually, a wider range of students will have access to Victoria. To start, the School of Nursing started to use her in the Care of the Childbearing Family course.

Manikins are frequently used on campuses to create safe

and realistic situations for students. Birthing simulators are more rare. Sacred Heart is the first school in Connecticut that has a NOELLE simulator on campus.

“These experiences provide invaluable opportunities to enrich and enhance learning as well as to increase student confidence,” said Boyd. “Victoria has the innovative capabilities of providing experiences with realism. Our students will then have the necessary skills to provide high-quality safe care to our patients.”

The birthing simulators allow students to work in an interactive and engaging environment without the risk. Victoria is a wireless and tetherless unit, making it easy for students to work around her.

“We are eager to continue to incorporate this latest technology into our School of Nursing curriculum and to continue to provide interactive and engaging learning experiences for our students,” said Boyd.

## It is High Time We Talk About Weed

BY KESHAUDAS SPENCE  
Staff Reporter

Whether you refer to it as Mary Jane, Bob Marley or its proper name Cannabis Sativa, weed has been in the news often and its presence on campus is the subject of constant debate.

“Personally, I don’t smoke, but I do know a lot of people who do. I mean some of my friends smoke, but it’s not like I look at them any differently,” said junior Johanna Lopez. “I feel like a lot more people smoke on campus than I even realize. It’s so much more common here than it was in high school, yet I don’t feel like it’s some type of epidemic. Some people do and some people don’t, and I don’t really think that’s a problem.”

On college campuses in particular, the use of the drug has affected the overall collegiate culture, including at Sacred Heart. Janice Kessler, the alcohol and drug specialist in the Sacred Heart Health and Wellness Center, has firsthand knowledge of the presence of weed on campus. Based on surveys in the spring, she has assessed whether weed usage is a problem.

“The number one drug used at Sacred Heart is alcohol, marijuana use comes in second,” said Kessler.

“The Care Survey” used to gather data on the student population at Sacred Heart used 12 years of information to make an assessment.

“One of the key insights we learned from the survey was that the average students’ perception of weed usage doesn’t actually match up to how many students are really using it,” said Kessler. “72.4% of the Sacred Heart’s student population believes that the average student uses some form of drugs at least once a week, when in reality only 19% of students smoke marijuana regularly, down from the 37% the year before.”

Sophomore football player, David Berment, has his own beliefs about smoking weed.

“I know plenty of people who smoke.

Other than being high at the time, I don’t think it does anything to them. I don’t believe that you can be addicted to weed or that

it makes you a bad student. Some people perform better after they use it, so how can it be that bad?” said Berment.

This is one of the most common misconceptions about the drug.

“It’s important to note that just because weed is legal doesn’t mean that it’s healthy,” said Kessler.

While there are no recorded cases of someone dying from an overdose of marijuana, the health issues developed from its use can lead to death.

“It’s not so much a problem about prevalence on the campus. The real problem is not knowing the effects of it as well as we do with alcohol,” said Kessler.

*“I don’t believe that you can be addicted to weed or that it makes you a bad student. Some people perform better after they use it, so how can it be that bad?”*

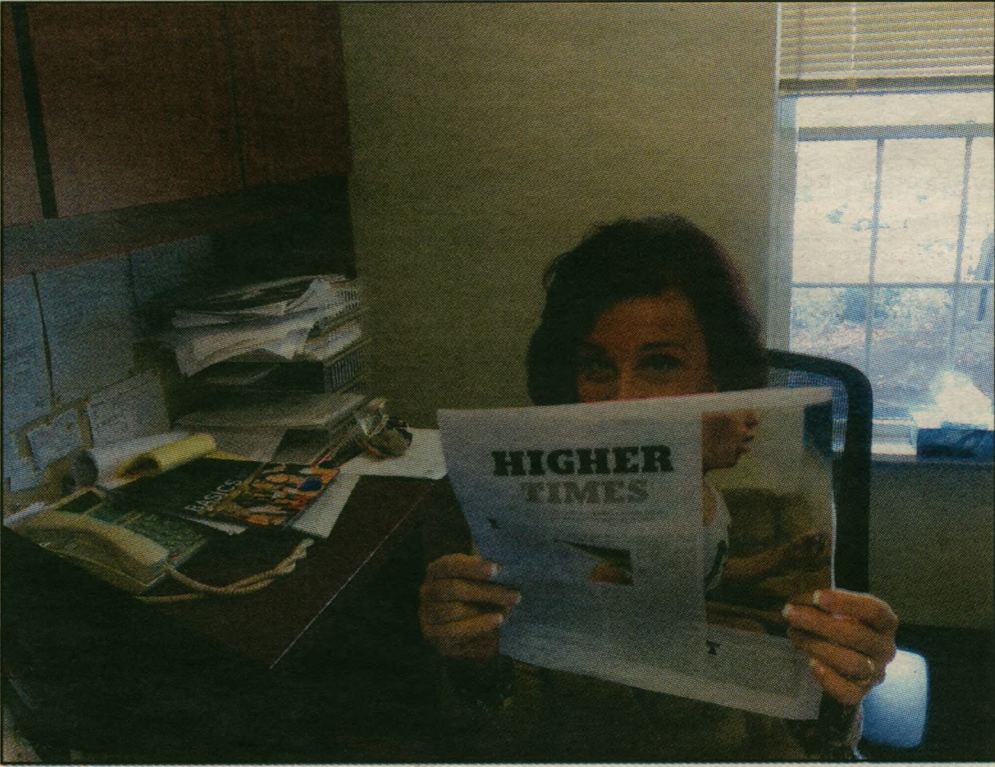


PHOTO COURTESY OF JOCELYN NOVELLA

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# Arts & Entertainment

## Concert Against Bullying

BY KRISTEN SULLIVAN  
Staff Reporter

The 4 Heart Harmony choir held their third annual "Concert Against Bullying" on Nov. 13 in the Chapel of the Holy Spirit. The concert was directed by Dr. John Michniewicz and accompanied by Galen Tate.

The 4 Heart Harmony is a smaller chamber choir that sings a multitude of different genres with upbeat rhythms and harmonies. Members are experienced singers that must audition to be accepted.

Michniewicz had the idea to do the bullying awareness concert based on the unfortunate reality that bullying does take place in our society.

"My sense was to do a concert that would highlight the problems, as well as use music to give an inspirational message," said Michniewicz.

"Let it Be," "Bring Me to Life," and "There's Music in You," were some of the songs that the 4 Heart Harmony sang, featuring several soloists.

In between each piece, the choir members gave short testimonials about their experiences regarding bullying, and how they were able to overcome the effects it had on them.

"To be in the concert is a privilege because hearing out everyone's stories is heartwarming and shocking all at once. It gives awareness that bullying is not okay whatsoever," said sophomore choir member Joe Calaca. "My favorite part is listening to the stories. I'm the type of person that wants to help all that I can, and hearing someone who needs help just gives me the feels."

Michniewicz looked for a variety of pieces that fit and illustrated the theme and provided an uplifting message. Members of the choir were also able to audition for

solos and pick a piece that they found meaningful.

"I originally thought bullying was mostly a problem that touches on school aged children. However from our students testimonies, I have come to find that it's an issue that affects college students as well," said Michniewicz. "I've done some reading and it's an issue that can even extend into the professional workplace."

The concert raises awareness by speaking about the issue through music and student's testimonials highlighting the devastating effects that bullying can have. One thing Michniewicz has found from the student's testimonials is that students that appear confident, out-going, and well-adjusted are among those that have felt the effects of bullying.

These are the individuals that you would never expect to have a history with bullying.

"I'm always amazed at who has had these kinds of experiences, and for people being bullied, I think there is great power in the realization that they are not alone, that others have faced the issue, and have been able to overcome it. My sense is that those that are bullied often feel like they are all alone, like they have been singled out for this sort of terrible treatment. However, it's just not the case," said Michniewicz.

"This concert is an inspiration to those who have been bullied or are still being bullied.

The amount of feeling that the choir puts into each song is overpowering," said junior choir member Aidan Shine.

Sophomores Jessica Coiro and Sam Boyle attended the concert and left saying they "never realized how many kids are affected by bullying." Coiro said she felt "inspired to be kinder to all those she sees because it really does make a difference."

"Being a part of these concerts has been a great experience, in many ways I have also learned so much, I have been so inspired by the music and the stories from our students and choir members," said Michniewicz.



4 HEART HARMONY PREPARE TO PERFORM IN THE CHAPEL

PHOTO COURTESY OF LIZ MASTRACOLA

## Come and Celebrate Tradition with "I Remember Mama"

BY MARINA DESANTIS  
Staff Reporter

With the Thanksgiving holiday coming up it's easy for people to think about their own family stories and traditions. Sacred Heart's Theatre Art Program's main stage fall play, "I Remember Mama," relates directly to these ideas.

This play is based on the novel, "Mama's Bank Account," written by Kathryn Forbes. The book went on to be a hit play, television show, movie, and radio show. The story is about a Norwegian family living in San Francisco at the turn of the 20th century.

"It's a classic American story of immigration, and assimilation into American society," said Jerry Goehring, director of the play.

The oldest daughter, Katrin, recalls her memories about her mother and what she did to keep the family together in good times and bad. Money was a struggle, as it was for many people during that time. The family lived off of their father's income, but Mama would do the finances every week.

Throughout the show, Katrin takes you through her memories of their struggles with family conflict, loyalty, crisis and financial problems. Most of all, she remembers Mama.

"Mama is the one who is the rock, or foundation, of this family. I believe it hits home to many people as we all have these memories and stories of our family we talk about it," said Cody Knox, senior cast member. "It also hits home the importance of family, especially with Thanksgiving coming up."

Goehring's decision was simple to choose this play around this time of year.

"It's about family, our memories, and our heritage. This was from several generations ago. So as people go home for Thanksgiving they should think about all those family traditions they have. What about your family, where did they come from, and what did they bring here? We're all immigrants in some form," said Goehring.

Over 100 students auditioned, which was a combination of new and old cast members. All together, there are 26 cast and crew members on stage and about 30 off stage.

"This is a main stage play. There's four weeks of rehearsal, building the set, period costumes set back in 1910. It's a big production," said Goehring.

The cast members have worked really hard on this production and are excited for

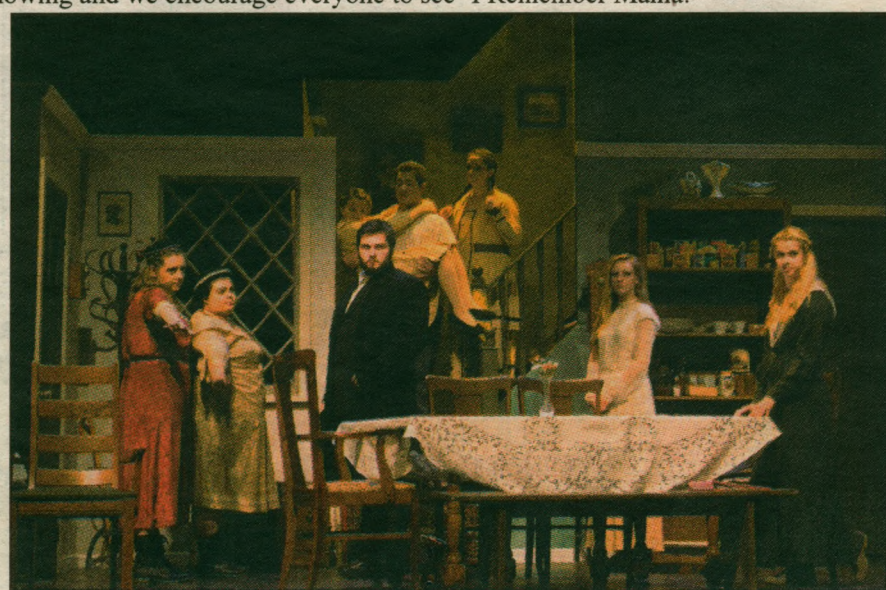
students and members of the community to see the play.

"My character is Mr. Hyde, a saucy British man who lives with the family and reads stories to the children. I loved working on this show. We have an amazingly talented cast here, and I know we are going to put on a killer performance for everyone to see," said Nick Patino, sophomore cast member.

If you want to help a family in need this holiday season, you can receive discount tickets in exchange for non-perishable food items. Donations will be accepted at the box office Monday-Friday, 12-4 p.m. and up to two hours prior to any performance.

"I Remember Mama" is showing in the Edgerton from Nov. 20-22 at 8 p.m. and Nov. 23 at 3 p.m.

"It has been an amazing experience working on this show. I am blessed to have a fantastic cast and crew to work with. We have become closer over the past seven weeks, one could even say we are a family," said Knox. "All of our hard work and dedication is showing and we encourage everyone to see 'I Remember Mama.'"



T.A.P. PERFORMERS PRACTICE FOR THE UPCOMING SHOW "I REMEMBER MAMA"

THE SPECTRUM/MARISA PAPA



# Arts & Entertainment

## “The Book of Mormon” on Broadway

*Natalie’s review of the controversial show*

BY NATALIE CIOFFARI  
Asst. Arts & Entertainment Editor

**Warning: Spoilers to follow**

For months, my boyfriend Michael has raved about this popular Broadway musical called “The Book of Mormon.” This musical is a complete religious satire. But, the best part about this musical is that along with Matt Lopez from “Avenue Q,” Trey Parker and Matt Stone constructed this. And guess where Trey Parker and Matt Stone’s work is from?

Yup, “South Park.”

You could only imagine how raunchy, yet hilarious, this show is.

So, being the awesome girlfriend that I am, I bought my boyfriend and I fourth row orchestra seats for Nov. 5. My 40-hour Labor Day weekend paycheck and tips were swept away with just one click from the Telecharge website.

As it came to show time, I was extremely excited, but there was one problem. I came down with strep throat and a sinus infection. It was clear to me that my immune system hated me, and did not want me to enjoy this show. But, I had spent an arm and a leg on these tickets, and I was not about to miss this award winning musical.

Now, I have seen my share of funny musicals in the past, but “Book of Mormon” was definitely the funniest musical, or any kind of show, that I have seen.

The musical opens up with how the Mormon people were supposedly discovered. Jesus’s outfit is lit with LED lights, and he seems to have the “Bob Marley” type of attitude. Fog and lights filled throughout the stage to bring us to the present day of the Mormons, and doing what they do best...ringing doorbells.

“Hello!” is the first song to be heard, and I was expecting it to be a lot more offensive. After all, this is the part where we meet all the Mormons ringing people’s doorbells. Elder Price and Elder Cunningham are the two main characters that the show really follows. The duo is kind of like dumb and dumber, only Elder Price is not dumb.

For instance, Elder Cunningham is in his 20’s and worships Star Wars.

The Mormons are all looking forward to their next mission abroad. It really wasn’t a surprise that Elder Price and Elder Cunningham are paired together. Their destination is Uganda, where general “Butt-F---ing Naked.”

One of the best parts of this show was when Elder Price and Elder Cunningham meet the African people. They greet them with a song called “Hasa Diga Eebowai,” and naturally both sing along.

You want to know what the song means? “F--- you, God.” Good job boys.

It was not even close to intermission yet and Michael and I had not stopped laughing.

We later meet another group of Mormons that have been there for several months. Their song “Turn It Off” mocks how bad their life is. But no. Mormons do not feel bad feelings, or gay feelings. The head of that pact, the gay Mormon, is simply hysterical with his singing, and tap dancing.

Cunningham is still so excited, and weird, with Price being in Uganda with him. Cunningham is also falling for one of the villager’s daughters, Nabulungi.

Do you really think Elder Cunningham calls her by her actual name?

Nope.

Some names include Nelly Furtado, Nala, and my favorite, Nutella.

Price and Cunningham are back in the village and trying to teach the African people about Joseph Smith, the Mormon-American prophet, with a catchy, rock tune. Apparently Joseph Smith founded the Ladder Day Saints Church through golden plates.

And the Promised Land is Salt Lake City.

But, the General comes back and has told the African villagers that in the next week he will be circumcising the women, because their sexual parts are powerful, and he wants to destroy them.

Really, South Park...really? Where do you even come up with this twisted stuff?

Price is angry that no one wants to believe him, so

he gets up and “leaves.” Honestly, I was waiting for that to happen.

Now Cunningham has the stage, literally. He starts to white lie about everything in the “book of Mormon” because he has never actually read it. The Africans actually start to listen to him, because he starts to base off the book off of Star Wars.

I was happy that Cunningham got his glory, because Price was being such a jerk to him. And Price gets what he deserves. He has a horrible hell dream, with the General as the devil.

There was no shock that Price wanted to go back to Cunningham, especially when he finds out that the Africans want to be baptized.

When Cunningham finally gets to baptize Nabulungi, the song “Baptize Me” has the whole audience laughing. The creators of South Park are trying to say that it is going to be their “first time.”

I believe another awesome part is when the mission president comes down to see the progress the boys have been doing. Yet, none of the other Mormons or Price know that Cunningham made up all the information he gave to the Africans. So when the Africans want to perform a play about Joseph Smith, the mission president is in for a big surprise.

Although the mission president is angry, the people of Uganda now finally have something to believe in, “The Book of Arnold Cunningham.”

Overall, this musical was absolutely hilarious. You can totally tell that the creators of South Park created this, especially from their ruthless and tasteless language, and of course the classic mockery of one’s people. I would recommend this to anyone, but just be prepared for some Rated R material.

Five out of five stars.



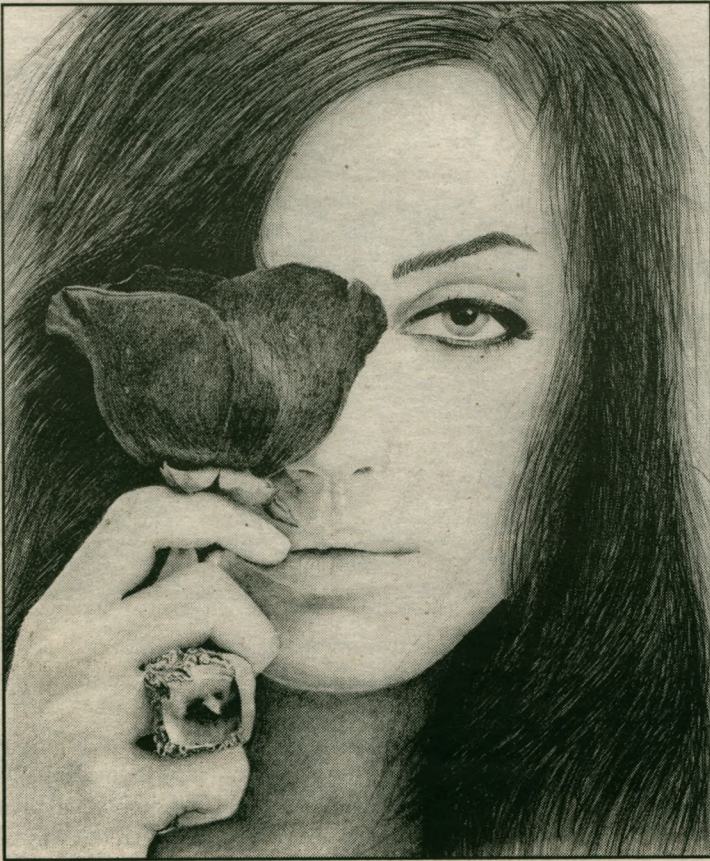
## Artist’s Corner

*Paintings done by Alexa Duffy*



“WELCOME HOME”

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“MILA KUNIS”

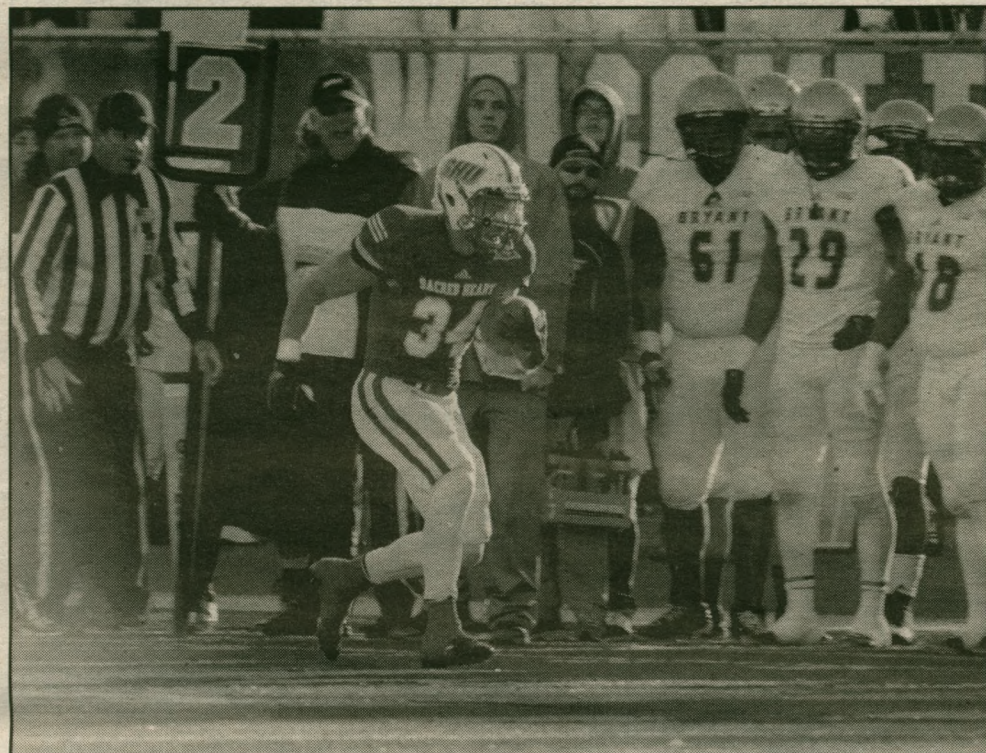
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# Sports

## Bell Honored for On and Off Field Accomplishments

BY MATT MATERASSO  
Assistant Sports Editor



THE SPECTRUM/FILIPPE LOBATO

SEAN BELL RUNS THE BALL DOWN THE SIDELINE DURING THIS PAST SATURDAY'S GAME

Sacred Heart University football player Sean Bell was awarded the CoSida Academic All District First Team honor. Bell is the first Sacred Heart player in five years to get this honor.

CoSida stands for College Sports Information Directors of America. It is an organization that formed in 1952. The organization recognizes male and female athletes in the National Collegiate Athletic Association (NCAA)—covering all Division I, II, and III teams.

The CoSida award recognizes players who not only perform well on the field, but in the classroom as well.

"Winning the award felt pretty good," said Bell.

Bell is now a senior at Sacred Heart and has had some success on and off the field throughout his time at the university.

Bell was surprised when given the award.

"There are guys on the team and around the country that are way better football players than me and I know I am not the only smart football player around," said Bell.

He was more than happy when he found out that he had been recognized and received the award.

"I am happy with some of the things I have achieved, but I was taught to never be content. Success will come when you continually work to achieve it," said Bell.

Bell decided to play football at Sacred Heart University four years ago because it seemed to fit his criteria.

"I wanted to go to a Catholic school so I could learn more and talk about my faith in God and be able to go to mass."

Bell also enjoyed the idea of a smaller campus.

"I was also looking for a smaller school so I would not get lost in the crowd."

Bell also added that he wanted to be at Sacred Heart because the school has a successful business program.

"The Welch College of Business stood out to me when making my decision. I wanted to play football at the highest level possible. Sacred Heart is division I-AA, so it provided me with the opportunity I was looking for," said Bell.

The choice to come to Sacred Heart University was made by himself.

"My parents were aware of my options, but when the time came I made the decision I thought was best," said Bell.

After graduation at the end of the year, Bell doesn't know if he's "good enough to continue playing football after college, but it would be a dream come true."

"However, I am currently engaged and plan to get married in June. Some people think I am nuts, but I couldn't be more excited," said Bell.

Bell has other plans in store for his future.

"I plan on working for my dad at my family's business," said Bell.

Looking back at his playing time at Sacred Heart, his success can be attributed to his family.

"My family has been incredibly supportive of me since the very beginning of my football career," said Bell.

Bell's parents pushed him to be the best that he could be and have instilled values in him that will carry with him for the rest of his life.

"Without their motivation, encouragement, guidance, and support, I would not be able to do what I have done," said Bell. "Everything I do is for them even though I could never pay them back for all they have done."

## Opening Weekend Success

*Men's and Women's Basketball Both Start Off Season's With Victories*

BY KATIE SHEPARD  
Copy Editor



PHOTO COURTESY OF SACRED HEART ATHLETIC COMMUNICATIONS

On Friday Nov. 14, the Sacred Heart men's basketball team opened their season with a 71-53 win against the Hartford Hawks in the Connecticut 6 Classic hosted by Quinnipiac University.

The Pioneers open the season with a win for the third time in four seasons and look to thrive on the win going into the home opener on Thursday night, Nov. 20 at 7 p.m.

Sacred Heart shot nearly 60 percent from the field and dominated the boards, outrebounding the Hawks by 15. Sophomore De'Von Barnett led the way offensively with 18 points and also pulled down seven rebounds. Barnett was awarded the first NEC player of the week award Monday for his efforts.

"Winning this award just means that I have to keep competing at this level consistently to help my team get closer and closer to a championship," said Barnett.

Senior Evan Kelley and junior Jordan Allen joined Barnett in double figures with 13

points apiece while senior Phil Gaetano added seven assists to lead the team.

"It felt great to start off the season with a win since we know how hard they are to come by," said Gaetano. "And at the same time it was a small confirmation that hard work pays off, although we know there's a ton more work to be done."

The Sacred Heart defense stepped up holding Hartford to 39.2% from the field and caused 19 turnovers. Defense was a focal point for head coach Anthony Latina this off-season and into the preseason and it certainly is translating so far.

"Our defense is looking strong so far," said Barnett. "I think that will be keep to our success moving forward."

The Pioneers will be in action tomorrow night for their home opener against UMASS Lowell at 7 p.m.

On Sunday afternoon, Nov. 16, the Sacred Heart women's basketball team rallied to beat Iona College 82-80 in their first game of the 2014-15 season. It was the first time since 2011 that the Pioneers won their opening game.

In a back and forth contest for majority of the second half, the Pioneers got contributions from several players that propelled them to victory. Four players scored 14 points including redshirt junior Hannah Kimmel, sophomores Adaysha Williams and Shelby Hickey, and junior Kelcey Castro.

"It was great to have such balanced scoring offensively," said Williams. "That is what we work on every day and to see it come together against a good team in the opening game was awesome."

Iona, the MAAC regular season champions a year ago, were led by senior guard Damika Martinez who scored 37 points. However, it was Sacred Heart's bench that proved to be the difference as the Pioneers scored 30 points compared to Iona's 14.

"Everyone really stepped up, especially towards the end of defense and that is something we really have worked on this preseason," said Kimmel. "We had timely scoring and really came together to get the win."

The Pioneers hosted the University of Bridgeport last night; results were not available at press time. Sacred Heart hits the road to face Maine Sunday afternoon, Nov. 23, before the Thanksgiving break.



# Sports

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**Integrated Marketing and Public Relations Strategies**

Application Deadline:  
**December 15, 2014**

For more info and/or to apply:  
[sps.nyu.edu/professionaladvantageacademy03](http://sps.nyu.edu/professionaladvantageacademy03)

Program Contact  
Phone: **(212) 998-7188**



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NYU-SPS Office of Strategic Marketing and Communications

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## PLAYERS of the WEEK

*KIM*  
**MCNALLY**

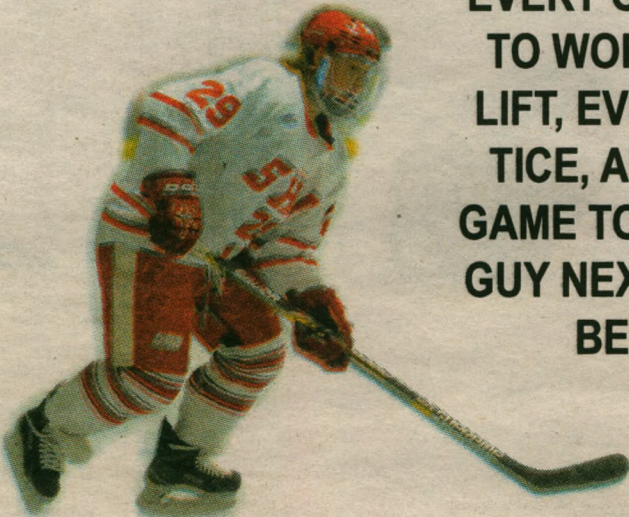
**HOMETOWN** Canton, Massachusetts    **YEAR** Freshman  
**MAJOR** Exercise Science    **SPORT** Soccer, Defense  
**STATS/AWARDS**  
Named to NEC Second Team and NEC All Rookie Team

*ZACH*  
**LUCZYK**

**HOMETOWN** Charlton, Massachusetts  
**YEAR** Junior  
**MAJOR** Criminal Justice  
**SPORT** Hockey, Forward  
**STATS/AWARDS**  
Leads team with five goals and eleven points



// I WILL CONTINUE TO WORK HARD WITH MY TEAM-MATES AND I'M LOOKING FORWARD TO HAVING AN EVEN MORE SUCCESSFUL SEASON NEXT YEAR. //



// EVERY GUY COMES TO WORK. EVERY LIFT, EVERY PRACTICE, AND EVERY GAME TO MAKE THE GUY NEXT TO THEM BETTER. //



# Sports



SEAN BELL (34) CELEBRATES WITH PAT CASEY (47), SCORER OF THE PIONEERS FIRST TOUCHDOWN

PHOTO COURTESY OF LIZ MASTRACOLA